

How Resilient am I?

For each statement circle the number that best represents how you feel about that statement. 1 = Strongly Disagree, 4 = Neutral, 7 = Strongly Agree

When I make plans, I follow through with them.

1 2 3 4 5 6 7

I usually manage one way or another

1 2 3 4 5 6 7

I am able to depend on myself more than anyone else.

1 2 3 4 5 6 7

Keeping interested in things is important to me.

1 2 3 4 5 6 7

I can be on my own if I have to.

1 2 3 4 5 6 7

I feel proud that I have accomplished things in life.

1 2 3 4 5 6 7

I usually take things in stride.

1 2 3 4 5 6 7

I am friends with myself.

1 2 3 4 5 6 7

I feel that I can handle many things at a time.

1 2 3 4 5 6 7

I am determined.

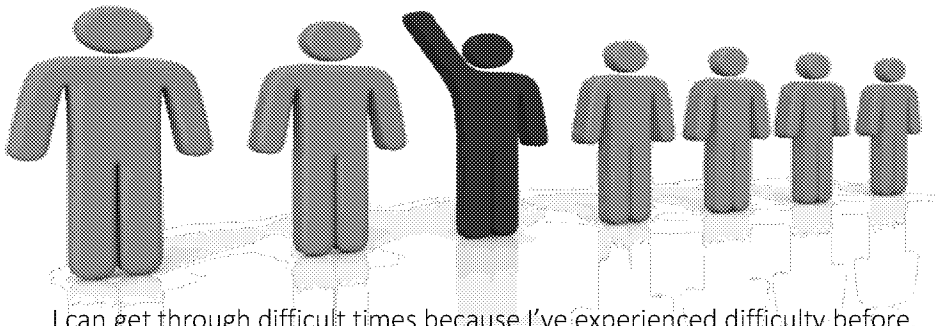
1 2 3 4 5 6 7

I seldom wonder what the point of it all is.

1 2 3 4 5 6 7

I take things one day at a time.

1 2 3 4 5 6 7



I can get through difficult times because I've experienced difficulty before.

1 2 3 4 5 6 7

I have self-discipline.

1 2 3 4 5 6 7

I keep interested in things.

1 2 3 4 5 6 7

I can usually find something to laugh about.

1 2 3 4 5 6 7

My belief in myself gets me through hard times.

1 2 3 4 5 6 7

In an emergency, I'm someone people can generally rely on.

1 2 3 4 5 6 7

I can usually look at a situation in a number of ways.

1 2 3 4 5 6 7

Sometimes I make myself do things whether I want to or not.

1 2 3 4 5 6 7

My life has meaning.

1 2 3 4 5 6 7

I do not dwell on things that I can't do anything about.

1 2 3 4 5 6 7

When I'm in a difficult situation, I can usually find my way out of it.

1 2 3 4 5 6 7

I have enough energy to do what I have to do.

1 2 3 4 5 6 7

It's okay if there are people who don't like me.

1 2 3 4 5 6 7

Score _____